



Prospective – Stress Awareness – E-Learning

Course Level: Awareness level.

Pre Entry Requirements: N/A

Course Language: English

Course Suitability

All employees / managers to help create awareness and assist with the management of workplace stress.

Course Objectives:

To make management and employees aware of the consequences and some control measures for Stress in the workplace.

Stress Awareness Training Course Content

- Introduction
- Employer and Employee Responsibilities
- Identifying Stress
- Fight / Flight Response
- Common Stress Complaints
- Stopping / Managing / Lowering Stress
- Lifestyle Management
- Course Summary
- Course Assessment*

*Learner must answer 6 out of 10 questions correctly (true or false). Two attempts available if required.

Our Course Video Features include

- 6 Main Causes of Workplace Stress
- Fight or Flight
- Case Study Example 1
- Case Study Example 2

Average User Completion Time: 40 minutes.

Course Requirements

Please note the following requirements to view our E-Learning courses, reliable internet access and audio speakers or earphones.

Additional Information

Upon successful completion of the course, course notes and a ROSPA accredited certificate will be immediately available for the user to download. The fee listed for each course is fully inclusive and there are no extras.